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CAN A PATRIOTIC BLEND OF CANADIANA KEEP TIM HORTONS ON TOP OF THE COFFEE MARKET? PAGE 6

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PIPES UNDER PRESSURE

City of Saskatoon workers repair a water main break at 1025 Louise Ave. Saskatoon has been experiencing an unusual number of breaks due to deep frost exerting pressure on the city's water mains. Public works acting director Trent Schmidt says the city can expect to see more leaks if frigid temperatures persist. Story, page 2. SARAH TAGUIAM/METRO IN REGINA

Constable hit boy in arrest, court told

Alleged victim was 14 at the time. Officer suspended with pay while on trial for assault causing bodily harm, assault with a weapon

A Saskatoon court has heard a city police officer hit a teen and blasted him with pepper spray while the youth was being held on the ground.

Const. Luke St. Onge is charged with assault causing bodily harm and assault with a weapon.

The teen, who was 14 at the time, testified Monday that he was missing from his group home on May 27, 2012, when he saw some police officers and started to run.

At the time, the officers were searching for a boy who was suspected of firing bear spray at St. Onge.

Const. Chad Nolan told court that after he tackled the fleeing teen and pinned him face down on the ground, St. Onge struck the youth once in the head.

Another officer, Const. Joseph Taylor, testified he saw St. Onge make several punching motions towards the boy's head, but couldn't see if any of the punches connected.

The teen testified that he was punched in the face between 10 and 15 times.

Taylor said the teen was also pepper sprayed.

The teen testified that his left eye was swollen shut for up to two weeks after he was hit and that he had extensive bruising to the left side of his face and his right ear.

Police determined the teen was not carrying any weapons and he was not charged with firing bear spray at St. Onge.

St. Onge has been suspended with pay pending the outcome of the trial, which was to wrap up Tuesday.

THE CANADIAN PRESS, CKOM

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NEWS 1

Prescription drugs

Saskatoon man charged in OD death

A Saskatoon man faces several charges in the death of a woman from a drug overdose.

Last October, police were called to a home where a 46-year-old woman was in medical distress.

She was taken to hospital, but died the following day.

An investigation found the woman had consumed a large amount of prescription medication, but no medical attention had been sought for about 12 hours.

A 32-year-old man is charged with criminal negligence causing death, failing to provide the necessities of life and two counts of uttering threats.

THE CANADIAN PRESS

Saskatoon Police Service
METRO

Humboldt

Inquest called into CO leak at seniors home

A public inquest is to be held into the deaths of three people after a carbon monoxide leak at a seniors home in Saskatchewan.

The provincial government says the week-long inquest into what happened at St. Mary's Villa in Humboldt in December 2010 is to begin Monday in Humboldt.

Staff initially thought seniors were getting sick because of a stomach virus or food poisoning. Workers were getting splitting headaches, but they never thought gas poisoning was a possibility. There were no carbon monoxide detectors in the home.

An 89-year-old priest and two other elderly women died.

THE CANADIAN PRESS

Southern Saskatchewan under deep f-f-f-freeze

Above average. Regina workers attended to 33 water main and water service breaks; seven leaks reported in Saskatoon

SARAH TAGUIAM
Metro in Regina

An unusual amount of water mains have been bursting in southern Saskatchewan, and city officials are pointing to extreme cold weather as the culprit.

Regina municipal workers attended to 33 water main and water service breaks on Monday, while seven new leaks were reported in Saskatoon.

"We were close to our five-year average up until two weeks ago when the numbers just went through the roof," said John Ullrich, Regina's manager of water sewer construction.

Regina's water leak average for February is 41, but the number this month is already at 49.

Saskatoon has seen almost double the number of water main breaks from previous years, with one to four breaks reported daily.

'Unfortunately...'

Temperatures below the seasonal average with wind chills of -46 to -49 have caused the deep frost, according to Environment Canada meteorologist John Paul Cragg.

- The frost exerts a high pressure on water mains, bursting them.
- "Unfortunately," Cragg said, "the cold is going to continue for this week until it warms up a little on the weekend."

"It's not a normal phenomenon," said Trent Schmidt, Saskatoon's acting director of public works.

"Older mains tend to have more problems, but this frost action on pipes can affect even a main installed in 2013."

If frigid conditions persist, said Ullrich and Schmidt, both cities could expect a surge in water leaks.

City workers try to repair leaks within 24 to 48 hours.

"There's not much we can do about it," Ullrich said.

"It's a reactionary process, and we can't do much before the pipes burst."

City workers repair a water main break on Louise Avenue in Saskatoon on Monday. Regina and Saskatoon have recently seen more water main breaks than usual, due to extreme cold. SARAH TAGUIAM/METRO IN REGINA

Sask. urges feds to step in to move stalled grain

The Saskatchewan government is pressing Ottawa to step in between grain companies and Canada's largest rail lines to remove a transport backlog that's crippling shipments of the province's record harvest.

Economy Minister Bill Boyd said on Monday that the federal government has to oversee talks between the parties in order to establish service agreements with shippers.

"We believe that there needs to be service agreements with reciprocal penalties involved in them, in order to ensure there is a level of service that is needed between the rail companies and the elevator companies," Boyd said. "We're calling on the federal government to immediately move to ensuring that those negotiations take place and oversee them."

Representatives from Canadian National Railway and Canadian Pacific Railway, according to Boyd, have indicated a willingness to negotiate toward establishing service agreements.

He's urging the federal government to get involved to ease apprehension in the railways and grain firms.

If both sides consent to reciprocal penalties, companies involved would face financial repercussions for failing to meet the terms of an agreement.

The push on Ottawa comes after a delegation of senior Saskatchewan government officials met recently with major players in the grain industry, as well as with the rail lines in a bid for solutions.

MARCO VIGLIOTTI/METRO IN REGINA

Manitoba. Greyhound bus killer should have more freedom, says psychiatrist

A doctor is suggesting that a man who beheaded a passenger on a Manitoba Greyhound bus should get more freedom.

Vince Li's psychiatrist is asking the Criminal Code Review Board to let Li have unescorted day trips to Selkirk, Man.

Dr. Stephen Kremer says Li should also be moved out of a locked ward and onto an unlocked ward at the Selkirk Mental Health Centre.

THE CANADIAN PRESS

Vince Li THE CANADIAN PRESS FILE

Truth and Reconciliation. Alberta, NWT bishops say sorry for abuse of children

Catholic bishops in Alberta and the Northwest Territories have apologized for abuse that aboriginal children suffered in residential schools.

Edmonton Archbishop Richard Smith said Monday the group is the last in the country representing Catholic bishops to make a public offer of regret. Others have issued formal apology letters as the Truth and Reconciliation Commission held events in their regions, he said.

"We are adding our voice to those of the Catholic bishops and leaders of religious communities across Canada," Smith told students at Edmonton's Ben Calf Robe School.

THE CANADIAN PRESS

First Nation youth

Report calls for five-year plan

A new report by Ontario's advocate for children and youth is calling for a five-year plan to address the needs and difficulties facing aboriginal young people.

The report, titled Feathers of Hope, came out of meetings last year involving more than 160 aboriginal youth from 64 communities. THE CANADIAN PRESS

Election Act changes

NDP, Liberals push for hearings

The NDP is accusing the governing Conservatives of trying to rig Canada's election rules while clouding criticism of the changes as just another Ottawa battle.

The NDP, backed by the Liberals, wants hearings held across the country on proposed changes to the Elections Act.

THE CANADIAN PRESS

Arrest warrant issued for Ukraine's ousted leader

Kyiv. Derided by Russia as gun-toting thugs, new leaders move swiftly to open dialogue with West

With Viktor Yanukovych on the run, Ukraine's interim government drew up a warrant Monday for the fugitive president's arrest in the killing of anti-government protesters last week, while Russia issued its strongest condemnation yet of the new leaders in Kyiv, deriding them as "Kalashnikov-toting people in black masks."

Parliament speaker Oleksandr Turchinov, the interim president, moved quickly to open a dialogue with the West, saying at a meeting with EU foreign policy chief Catherine Ashton that the course toward closer integration with Europe and financial assistance from the EU were "key factors of stable and democratic development of Ukraine."

Yanukovych, who fled Kyiv on Saturday after the opposition took over government buildings, has reportedly gone to the Black Sea peninsula of Crimea, a pro-Russia area.

Calls are mounting to put Yanukovych on trial after a tumultuous presidency in which he amassed powers, enriched his allies and family, and cracked down on protesters.

Acting Interior Minister Arsen Avakhov said on his official Facebook page that a warrant has been issued for the arrest of Yanukovych and several other officials for the "mass killing of civilians."

THE ASSOCIATED PRESS

Canada, U.S. react

- White House spokesman Jay Carney says the U.S. is prepared to help Ukraine regain economic stability by providing support.
- The Harper government is leaving the threat of sanctions against Russia on the table if it interferes in the events in Ukraine.

Ukraine no 'laughing matter'

Trudeau slammed for hockey quip

The Conservatives took aim at Justin Trudeau on Monday for his tongue-in-cheek weekend remarks linking the upheaval in Ukraine to Russia's Olympic hockey humiliation.

"So Justin Trudeau … thinks the deadly crisis in Ukraine is a laughing matter," Employment Minister Jason Kenney tweeted.

Industry Minister James Moore also took to Twitter to draw attention to Trudeau's joke. THE CANADIAN PRESS

People lay down flowers at one of the streets leading to Independence Square in Kyiv, Ukraine, on Monday. Ukraine's acting government issued a warrant Monday for the arrest of President Viktor Yanukovych, accusing him of mass crimes against protesters who stood up against his rule. EFREM LUKATSKY/THE ASSOCIATED PRESS

Grenade attack in Thailand kills two young children

Political unrest. 'I'm asking ... to let my children be the last case (of violence) on Thai soil,' pleads grieving father

The father grimaced and wept as he struggled to contain his grief at the death of his two children in a grenade attack during a weekend trip to a mall in downtown Bangkok — the latest casualties in Thailand's months of political crisis.

"I'm asking and pleading to every side to let my children be the last case (of violence) on Thai soil," Tayakorn Yos-ubon, 33, said, his voice shaking, before retrieving their bodies from the morgue Monday.

Korawit, four, and his sister Patcharakorn, six, were not part of the anti-government demonstrations. They had piled into a three-wheeled "tuk-tuk" taxi after eating at a KFC with their cousin and an aunt when the attack occurred Sunday near a busy intersection occupied by the protesters.

The siblings, along with a 5-year-old girl who died Saturday in another attack on a rally site in the eastern province of Trat, are the first children to be killed in the country's recent political unrest, which has claimed at least 20 lives and injured more than 700 since November. Police have not arrested any suspects in the weekend attacks.

The Thai public has recoiled in shock over the children's deaths, and yet there seems to be no sign that either side in the impasse is softening its position. City residents have braced for more violence.

The nine-year-old cousin suffered brain and lung damage and is in intensive care.

UNICEF on Monday called for the protest zones to be made "child-free" and urged parents to keep their children away. THE ASSOCIATED PRESS

Tayakorn Yos-ubon, the father of two children killed in Sunday's grenade attack on an anti-government protest site, is embraced by his family as he breaks down during a ceremony at a hospital where he collected their bodies Monday in Bangkok, Thailand. WASON WANICHAKORN/THE ASSOCIATED PRESS

U.S. defence secretary proposes major army cuts

Joint Chiefs Chairman Gen. Martin Dempsey listens as Defense Secretary Chuck Hagel (not pictured) briefs reporters at the Pentagon Monday, where he recommended shrinking the army. CAROLYN KASTER/THE ASSOCIATED PRESS

Defense Secretary Chuck Hagel on Monday proposed shrinking the U.S. Army to its smallest size in 74 years, closing military bases and making other military-wide savings as part of a broad reshaping after more than a decade of war.

Hagel outlined his vision in a speech at the Pentagon, a week before President Barack Obama is to submit his 2015 budget plan to Congress.

Hagel said that U.S. forces must adjust to the reality of smaller budgets, even as he asserted that the United States faces a more volatile, more unpredictable world that requires a more nimble military.

"We are repositioning to focus on the strategic challenges and opportunities that will define our future: new technologies, new centres of power and a world that is growing more volatile, more unpredictable and in some instances more threatening to the United States," he said.

Under the Hagel plan, which Congress could change, the active-duty Army would shrink from its current 522,000 soldiers to between 440,000 and 450,000. That would make it the smallest since just before the U.S. entered World War II.

Hagel said Obama's budget proposal will include a government-wide "Opportunity, Growth and Security Initiative" that would provide the Pentagon with $26 billion on top of the $496 billion it is due to receive in 2015 under terms of the budget deal passed by the Congress two months ago. THE ASSOCIATED PRESS

Controversial moves

Among the bolder moves in Hagel's proposal is the elimination of the Air Force's fleet of A-10 aircraft, as well as its venerable U-2 spy planes, and reductions in the size of the Army National Guard.

- **Hagel said the administration will propose a new round of domestic military base closings in 2017.**

Bekaa Valley

Israeli air strikes at Lebanese-Syrian border reported

Israeli aircraft carried out two air strikes Monday near the Lebanese-Syrian border, Lebanon's state news agency said. There was no immediate confirmation from Lebanese security officials, and the Israeli military declined comment.

Lebanon's National News Agency said the air raids took place near Nabi Sheet, a remote village in the eastern Bekaa Valley. The agency did not say what was targeted in the attack. The porous border is frequently used by fighters and smugglers to move people and weapons between Lebanon and Syria. THE ASSOCIATED PRESS

Pipeline

Final Keystone XL decision coming in months: Obama

The U.S. government appears to be proceeding at full speed with its review of the Keystone XL pipeline. There are signs that a recent Nebraska court ruling won't delay the federal regulatory process.

State governors leaving a meeting with President Barack Obama say he told them to expect a final decision within a few months. And the State Department says the federal process is continuing despite the court ruling.

The court threw out a law that gave the governor the power to force landowners to allow the pipeline to run through their property. THE CANADIAN PRESS

Untested

States tackle rape kit backlog

Possibly hundreds of thousands of rape kits remain untested across the U.S., and a number of states are proposing legislation to address backlogs that are years or decades long.

In Memphis, Tennessee, alone, more than 12,000 rape kits remain untested, according to the Rape Kit Action Project. Tennessee is among at least 17 states with proposals that range from requiring law enforcement agencies to inventory their rape kits to analyzing them in a certain amount of time. Three states — Colorado, Illinois and Texas — have passed laws that mandate a statewide accounting of untested rape kits. THE ASSOCIATED PRESS

Pope creates new council for financial reforms

Economics secretariat. Commission of inquiry leads to first overhaul of Vatican bureaucracy in a quarter century

Pope Francis on Monday announced the creation of an economics secretariat to control all economic, administrative, personnel and procurement functions of the Holy See.

Australian Cardinal George Pell, one of Francis' core eight cardinal advisers and a sharp critic of current Vatican governance, was named prefect of the new office. He reports to a new 15-member economy council made up of eight cardinals reflecting various parts of the world and seven lay experts.

Francis was elected pope a year ago on a mandate to reform the Vatican after documents stolen by Pope Benedict XVI's butler revealed the Holy See bureaucracy to be a dysfunctional, Machiavellian world of petty turf battles, corruption and political intrigue.

Pell, the outgoing archbishop of Sydney, was remarkably candid about the 2012 leaks scandal, saying it showed a failure of governance under Benedict.

Commission findings

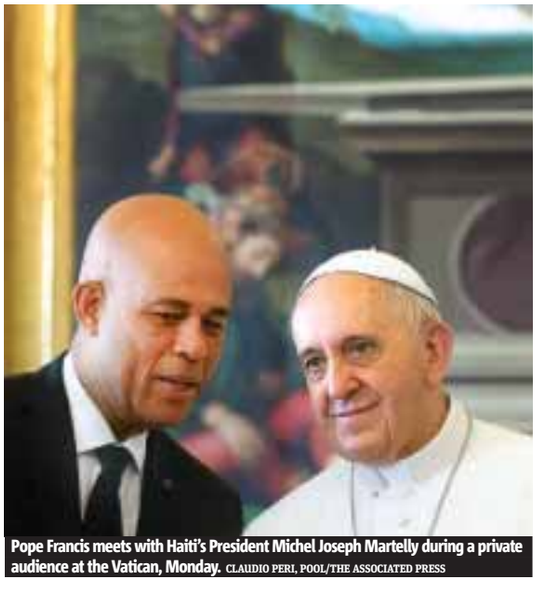
The new structure is the result of a commission of inquiry appointed by Francis last summer to recommend ways to improve efficiency and transparency and reduce waste. Last week, with Francis' Group of Eight cardinal advisers present, the commission reported its findings.

- The pope has yet to announce any decision on the findings of the other commission of inquiry, concerning the scandal-marred Vatican bank. That commission also presented its recommendations last week.

The new economics body covers the budgets, financial planning and administration of the Holy See — the central governing structure of the Catholic Church — and the 44-hectare Vatican City State in central Rome which includes the profit-making Vatican Museums and Vatican's post office.

An auditor will also be empowered to conduct audits of any Vatican agency, at any time, the announcement said.

THE ASSOCIATED PRESS



Pope Francis meets with Haiti's President Michel Joseph Martelly during a private audience at the Vatican, Monday. CLAUDIO PERI, POOL/THE ASSOCIATED PRESS

Venezuela

Gov't blocks access to websites, protest app

The battle for Venezuela is being fought as vigorously online as in the streets, with Internet service cut off to a strife-torn university city and the government blocking selected websites and apps as anti-government demonstrations continue.

On Thursday night, the U.S. company Zello said that Venezuela's state-run telecoms company, CANTV, had blocked access to the push-to-talk "walkie-talkie" app for smartphones and computers that has been a hugely popular organizing tool for protesters from Egypt to Ukraine.

Last week, the government blocked images on Twitter after violence in Caracas claimed three lives amid protests.

THE ASSOCIATED PRESS

Morocco

Hundreds storm Spanish border

Hundreds of sub-Saharan migrants armed with sticks and stones stormed the six-metre-high barbed-wire border fence on Monday in a bid to enter Spain's northwest African enclave of Melilla from Morocco, with about 100 of them making it across, Spanish and Moroccan officials said.

Moroccan forces arrested 96 of the migrants, 14 of whom were hospitalized in the nearby city of Nador, according to a Moroccan Interior Ministry statement. It said 13 security force members were injured by the stone-throwing migrants.

Spain said 500 migrants were involved in the assault while Morocco put the figure at 300.

THE ASSOCIATED PRESS

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Coffee wars brewing from coast-to-coast

Joe drama. The once seemingly indomitable Tim Hortons is facing a big push from rivals McDonald's, Starbucks

MELISSA DUNNE
melissa.dunne@metronews.ca

On the ice, Tim Horton was known to dole out "Horton hugs," squeezing his rivals until they couldn't breathe.

Now, 50 years after Horton opened his first coffee shop, Tim Hortons Inc. execs will need to channel its founder's defensive style as it prepares to hit back in an increasingly crowded market.

Although Tim Hortons still dominates the Canadian coffee market, holding just over 75 per cent of it with about 3,500 outlets in Canada, the company recently missed analysts' profit expectations for 2013. On Tuesday, Tim's will unveil its plan to squeeze key players like McDonald's McCafé and Starbucks, which have dropped the gloves in the fight for java supremacy.

When Tim's opened its first store in Hamilton, Ont., in 1964, it had the arena to itself, said Douglas Hunter, who has written books on both Horton and Hortons.

"Tim's could expand easily, move right next to McDonald's and it didn't matter, they were selling different products."

It matters now.

McDonald's Restaurants of Canada Ltd. is aggressively going after longtime Tim's fans.

In 2007, the burger giant jolted its competitors by winning a Consumer Reports taste test. When the Golden Arches launched McCafé in Canada in 2009, it gave away its coffee for free. McD's aggressive game has reaped rewards: it has doubled its market share here to about 10 per cent in under five years.

This week customers can get a free coffee in a sleek brown-and-white cup at one of McDonald's almost 1,500 outposts in Canada. But free java will not sway Yasha Grey, a 25-year-old master's student in St. Catharines, Ont., who usually orders a single-single (one cream, one sugar), coming in a Tim's iconic red-and-yellow Roll Up the Rim to Win cup these days.

"It may sound cheesy, but I really like that Tim Hortons is Canadian," Grey said. "I like its homey, country feel."

Cheesy or not, serving up a side of Canadiana works.

The power of patriotism is now percolating over at Starbucks Canada. The world java juggernaut first came to Canada in 1987 with a single outlet in Vancouver. It now has more than 1,000 outlets here and will open about 100 more this year. Its baristas now pour a Canada-only brew named True North into minimalist green-and-white cups. And, as we enter maple-syrup season, Starbucks is unveiling the Maple Macchiato next week.

While Timothy's Coffees of the World Inc. and The Second Cup Ltd. opened their doors in Canada 12 years before Starbucks, they have not been able to maintain their head start.

By the numbers

$898M

Tim Hortons reported it had earned $898.5 million in revenue during the fourth quarter, up 10.7 per cent from a year earlier, but a smaller profit than analysts were expecting.

Timothy's grew from one store in London, Ont., to about 139 in 2009. It is down to about 100 stores after its wholesale and retail businesses were spun off and sold to U.S. companies.

Second Cup started as a kiosk in a Toronto mall and now has about 350 cafés. It dropped its CEO late last year after it posted a loss of $8.5 million. But the chain is mounting a comeback under Alix Box, who once worked as an executive at Starbucks and officially took the reins Monday.

Unlike its smaller Canadian compatriots, Tim's has been able to stay ahead of international competitors so far.

But to some, the chain is starting to taste stale and needs to brew up a fresh pot of business fast.

"We are moving into a different era. The baby boomers Tim's has relied on are getting older," said Douglas Stephens, a leading retail analyst based in Toronto.

In a bid to attract baby boomers' kids and grandkids, all coffee sellers must hatch bold strategies.

We love coffee, with a whopping 65 per cent of us drinking it daily, according to a study by the Coffee Association of Canada, but changing demographics mean changing tastes.

Millennials demand that products be healthy and ethically sourced. Oh, and also cheap. And many new Canadians don't even drink coffee, opting for tea instead, noted Stephens.

Like the real Horton, Tim Hortons' top brass will have to mount a strong defence if the chain is to remain the top player in the good ol' coffee game.

At-home

The coffee pot has gone to pod

Pots are out, pods are in.

"In the at-home category, single-serve machines have been a category disruptive phenomenon," said Sandy McAlpine, head of the Coffee Association of Canada.

Keurig, Tassimo and Nespresso currently dominate the market, said McAlpine.

The focus of Tim Hortons, McDonald's and Starbucks is take-out brew, but the at-home market can't be ignored.

Just over half of Canadians make their cuppa at home daily, while only 24 per cent buy takeout every day, noted McAlpine.

In response, Tim's announced last week it will expand its Keurig K-discs and Tassimo T-discs to grocery-store shelves later this year. McD's, under its McCafé brand, has teamed up with Kraft and will test selling pods in U.S. grocery stores soon. Starbucks opted to launch its own machine and pods, called Verismo, in its Canadian stores in late 2012.

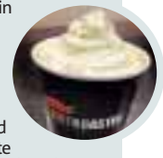
Pods have certainly perked up the home market, and the takeout coffee champs have all set their sights on adding some at-home fans to their base.

Hipster havens

Here are some top independent coffee shops across Canada luring hipsters away from Starbucks, Tim Hortons and McDonald's.

- **Vancouver.** JJ Bean: Established in 1996; 15 locations, as of March; its specialties are the cappuccino and vegan-friendly Very Berry Muffin.
- **Calgary.** Caffè Artigiano: Established in 2000; 12 locations in Western Canada; its specialty is the cappuccino (espresso, milk and foam).

- **Edmonton.** Leva: Established in 2003; one location; its specialties are the cappuccino and croissants.
- **Regina.** Atlantis Coffee: Established in 2000; one location; its specialties are the cappuccino and Prairie Cherry Scone.
- **Winnipeg.** Parlour Coffee: Established in 2011; one location; its specialties are wet-foam cappuccinos (flat white) and pour-over coffees.
- **Saskatoon.** Collective Coffee: Established in 2011; its specialties are artisan espresso and single-origin coffee.
- **London, Ont.** The Fire Roasted Coffee Co.: Established in 2013; two locations; its specialty is El Toro Bravo, an espresso and hot chocolate latte made with real chocolate.



- **Toronto.** Sam James Coffee Bar: Established in 2009; three locations; its specialty is the cappuccino.
- **Ottawa.** Bridgehead: Established in 2000; 15 locations; its specialties are the cappuccino and Morning Bun.

- **Halifax.** Two If By Sea Café: Established in 2009; two locations; its specialties are chocolate croissants and drip coffee.

Ugandan students from different schools take part in an event organized by born-again Christians to celebrate the signing of a new anti-gay bill that sets harsh penalties for homosexual sex, at the Omega Healing Center outside of Kampala, Uganda, on Monday. STEPHEN WANDERA/THE ASSOCIATED PRESS

Ugandan president signs anti-gay bill

'Abhorrent.' White House press secretary Jay Carney says the country took a step backward and urged for the law's repeal

Uganda's president on Monday signed an anti-gay bill that punishes gay sex with up to life in prison, a measure likely to send Uganda's beleaguered gay community further underground as the police try to implement it amid fevered anti-gay sentiment across the country.

Ugandan President Yoweri Museveni said the bill, which goes into effect immediately, was needed because the West is promoting homosexuality in Africa. Museveni may have defied Western pressure to shelve the bill four years and many versions after it was introduced, but his move — likely to galvanize support ahead of presidential elections — pleased many Ugandans who repeatedly urged him to sign the legislation. Nigeria's president similarly signed an anti-gay bill into law just over a month ago, sparking increased violence against gays who already were persecuted in mob attacks. Some watchdog groups warn a similar backlash of violence may occur in Uganda.

"Experience from other jurisdictions with similarly draconian laws, such as Nigeria or Russia, indicates that their implementation is often followed by a surge in violence against individuals thought to be lesbian, gay, bisexual or transgender," the International Gay and Lesbian Human Rights Commission said in a statement Monday. "The Ugandan government has not indicated any plans to counter such violence or to investigate potential allegations of abuse."

THE ASSOCIATED PRESS

Surprise move

Egypt's interim cabinet resigns

Egypt's cabinet resigned Monday in a surprise move that could pave the way for military chief Abdel-Fattah el-Sissi to announce his widely anticipated plans to run for president in the spring. The resignation came amid a wave of labour strikes over the government's failure to fix the economy and rising popular anger nearly a year after after President Mohammed Morsi was ousted by the military. THE ASSOCIATED PRESS

Congo

Militia attacks displace thousands

The UN says 400,000 people have been displaced in recent months by fighting involving local militia groups in Congo's mineral-rich southeast Katanga province. Yvon Edoumou, communications officer for the UN's humanitarian agency in Congo, said Monday that the violence had targeted at least 20 villages since October.

THE ASSOCIATED PRESS

C. African Republic

Muslims killed in rural massacre

Christian militiamen killed at least 70 people in the remote southwest of Central African Republic, at one point ordering a group of Muslims to lie on the ground and shooting them one by one, witnesses said Monday. The militiamen, known as the anti-Balaka, slaughtered the Muslims in the village of Guen earlier this month, said a Catholic priest who helped bury the bodies.

THE ASSOCIATED PRESS

Arizona

Group tries to stop no service for gays bill

Arizona's biggest business advocacy group called on Gov. Jan Brewer Monday to veto a bill allowing business owners with strongly held religious beliefs to refuse service to gays. The legislation that passed last week has triggered a national backlash from supporters of gay rights, and the Arizona Chamber of Commerce and Industry is requesting a veto. THE ASSOCIATED PRESS

METRO CUSTOM PUBLISHING

Ding! Ding!
TRANSIT TUESDAY

TRANSIT FARES TO INCREASE FEBURARY 1, 2014

The Saskatoon Transit and Access Transit fares that were approved as part of the 2014 City of Saskatoon Budget will be in effect starting February 1, 2014.
The new fees are as follows:

- Single transit tickets will increase $0.10 for adults, students and children making the new rates $2.40, $1.80 and $1.40.
- Monthly pass fares will also increase, for adults it will increase from $78 to $81; students $56 to $57; children $47 to $48; and for seniors $26 to $27.
- Cash fares will increase by $0.10 to $3.10 per ride for an adult, $2.60 for a student, and $2.10 for a child.

For more information on Saskatoon Transit fares, routes and schedules, call 306-975-3100 and speak to a Customer Service Representative. Access Transit customers can call 306-975-3555 for further information.

An important message to our customers:
Despite incorrect information that has circulated in the community, The City of Saskatoon is continuing to offer Senior discounted bus passes. Thank you for choosing Saskatoon Transit.

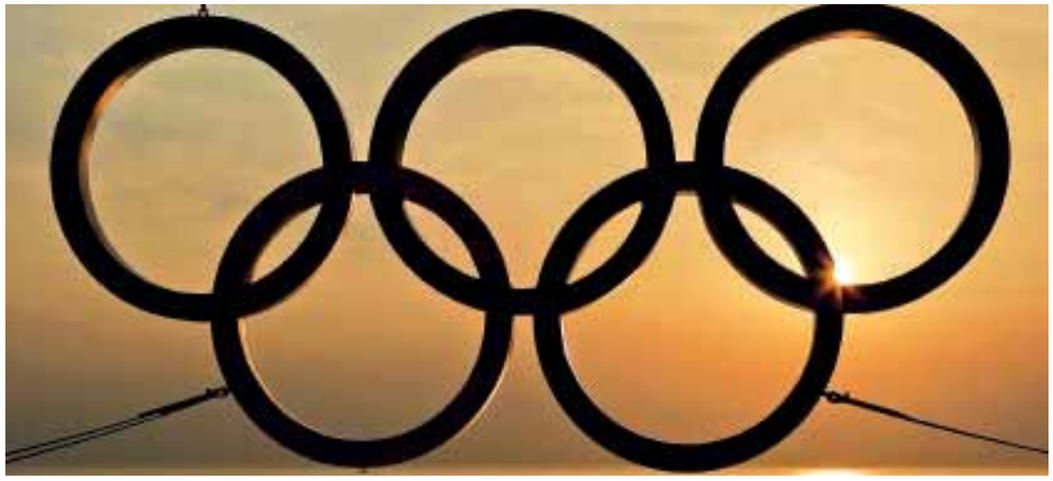
MONTHLY PASS REMINDER

Transit customers are reminded that monthly passes are valid for the calendar month purchased and not one month from the date of purchase. If you have questions about your pass or tickets, visit the Customer Service Centre or call 306-975-3100

LOST OR FOUND SOMETHING ON THE BUS?

Call 306-975-3100 or visit Saskatoon Transit's Customer Service Centre on 23rd Street in the Downtown Bus Mall.

i take the bus.
Don't worry about parking. Enjoy a relaxing, hands-free commute and catch up on the things that really matter.
transit
DELIVERING BUS RIDER PRIDE



CHARLIE RIEDEL/THE ASSOCIATED PRESS

As the sun sets on the Sochi 2014 Winter Games in Russia, the future is uncertain. For host cities, the real challenge begins with the end of the Olympics. Here's a look at what some past summer and winter games sites around the world look like post-Olympics.

THE ASSOCIATED PRESS

AMEL EMRIC/THE ASSOCIATED PRESS

Sarajevo, Bosnia: Gone downhill

Wartime destruction and negligence have turned most of Sarajevo's 1984 Winter Olympic venues into painful reminders of the city's golden times.

Vancouver: On track, so far

All games venues from the 2010 Olympics in Vancouver remain in use, with local authorities funding a $110 million trust to make sure that they don't fall into disrepair.

CHRIS CARLSON/THE ASSOCIATED PRESS FILE

Atlanta: Home of the Braves

After the 1996 games, the Olympic stadium in Atlanta was converted into Turner Field, the baseball stadium that's been home to the Atlanta Braves for the past several years.

RIC FELD/THE ASSOCIATED PRESS

Nagano, Japan: David and Goliaths

In Nagano, Japan, a city with a population of just 387,000, five large structures were built for the 1998 Winter Games. They are in use, but many say the venues are too big and costly to maintain for the size of the town.

KYODO NEWS/THE ASSOCIATED PRESS

Market Minute

DOLLAR 90.36¢ (+0.54¢)

TSX 14,227.08 (+ 21.36)

OIL $102.82 US (+$0.62)

GOLD $1,338 US (+$14.40)

Natural gas: $5.47 US (-$1.17)
Dow Jones: 16,209.13 (+ 105.83)

Only in the U.S.
McMuffin vs. Waffle Taco in breakfast smackdown

Egg McMuffin, meet the Waffle Taco.

Taco Bell is readying for the launch of its national breakfast menu in the U.S. on March 27, with items such as the A.M. Crunchwrap designed to appeal to its fan base of younger men. And the chain says breakfast will be available until 11 a.m. — a half hour longer than McDonald's offers its Egg McMuffins.

"We can turn the breakfast conversation into a two horse race," Taco Bell president Brian Niccol said in an interview, noting that Taco Bell intends to be a "strong number two" after McDonald's in America.

McDonald's has long been the fast-food leader in the mornings in the U.S., with its popular Sausage Biscuits, Hotcakes and other items pulling in roughly 20 per cent of the company's U.S. sales. But the chain has been facing stiffer competition in recent years, with competitors such as Starbucks and Subway rolling out breakfast sandwiches as well.

It's not clear how Taco Bell's entry into breakfast will alter the fast-food landscape. Last year, an executive with Taco Bell's parent company Yum Brands said that breakfast accounted for about four per cent of sales in locations where it was tested. But that was before the chain put its full marketing might behind the menu, he noted.

McDonald's, which has more than 14,000 U.S. locations, has also said it plans to step up its marketing of breakfast this year as it faces intensifying competition. The president of McDonald's USA, Jeff Stratton, also told The Associated Press that the chain is in the early stages of looking at whether it can extend its breakfast hours.

THE ASSOCIATED PRESS

Latest offerings

Sony 'stands on shoulders' of older products

Sony is borrowing innovations from its audio and camcorder businesses and incorporating its new Xperia Z2 smartphone with noise-cancelling technology and ultra-high-definition video recording.

Noise cancellation works with an in-ear headset sold separately for 60 euros ($82 US), while the Z2's built-in camera can capture video in so-called 4K resolution, an emerging technology that offers four times the details as current high-definition video.

THE ASSOCIATED PRESS

Voice service coming

Hey, what's up? Talk with pals via WhatsApp soon

WhatsApp, the popular messaging service for smartphones acquired by Facebook, will soon be offering a voice service.

CEO Jan Koum said the voice service will be deployed for Android and iPhones this spring, with BlackBerry and Microsoft and Nokia phones coming later.

"We are going to introduce voice in WhatsApp in the second quarter of this year," Koum said at the Mobile World Congress in Barcelona, Spain.

THE ASSOCIATED PRESS

Class 5 Drivers Wanted!
Growing and dynamic company is seeking energetic individuals interested in full-time employment in Saskatoon

The Position
STARTING SALARY: $20.00/Hr
FULL TIME: Day Shift

Interviews will take place at the end of February in Saskatoon
Employment to Commence in March
Send Resume to **recruitinginsaskatchewan@outlook.com**
APPLY TODAY!!!

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Growing and dynamic company is seeking energetic individuals interested in full-time employment in Saskatoon

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PRIMARY DUTY: Customer Order Making and Assembly in a Distribution Centre

Interviews will take place at the end of February in Saskatoon
Employment to Commence in March
Send Resume to **recruitinginsaskatchewan@outlook.com**
APPLY TODAY!!!

2013 contribution deadline looms

Last-minute tips. You have until March 3 to deposit money into retirement savings fund

YLVA VAN BUUREN
For Metro

March 3 is the deadline to contribute to your RRSP for the 2013 financial year. VLADIMIR GJORGIEV/SHUTTERSTOCK

The deadline for making your RRSP contribution is approaching, but there is still time to contribute.

Check the bottom of your 2012 notice of assessment to see how much contribution room you have accumulated (any unused room is carried forward and the total unused balanced will be shown there). Canadians can contribute up to 18 per cent of earned income to the maximum room, which is $23,820 for 2013.

Here are some last-minute contribution tips.

• Mark March 3 on your calendar — that's the cut-off date for 2013 contributions. Most financial institutions are open later and on weekends to accommodate the last-minute rush. Or contribute via Internet banking.

• Don't over-think it. If you need help deciding where to put your RRSP contribution, just put it into a high-interest savings account or a low-risk money market mutual fund, says Christopher Dewdney, a Toronto financial adviser and member of Advocis, The Financial Advisors Association of Canada. "It doesn't matter where it's goes just as long as it's registered. You'll receive a tax deduction and can create a properly allocated and well diversified portfolio at a later date."

• Use money from your tax-free savings account (TFSA). "If you need a tax deduction and you don't have access to cash but you do have money in a TFSA, move the money from your TFSA into your RRSP." With the TFSA, you can use that room again beginning January of the following year.

• Take out an RRSP catch-up loan. All financial institutions offer these loans, which allow you to borrow money for your RRSP. Keep in mind that if the loan is over too long a period, you could offset the gains (tax deduction) you get with the RRSP, Dewdney said.

• If your income was lower than previous years and you might not need the RRSP deduction, it's still a good idea to contribute, Dewdney said. "You can always defer the contribution to a future year if that will be more beneficial."

• For next year. Set up a systematic contribution plan now and you will be off to a good start for next year. "Even if you want to make a larger contribution come tax time, you'll already have a base," Dewdney said.

A couple's RRSPs often are split during a divorce. AUREMAR/SHUTTERSTOCK

Impact. Divorce can split assets

TALBOT BOGGS
Smart Investing

Going through a divorce is difficult at any age, but grey divorces involving couples 50 years or older can have a major impact on their retirement plans and assets like an RRSP.

A recent study by Winnipeg-based Investors Group found that about 80 per cent of grey divorcees say they will probably delay their retirement because they need to work longer than planned and 62 per cent said their post-divorce savings and investments will no longer be adequate to fund their retirement.

"In a divorce you might feel emotionally liberated but financially you could be a lot worse off," said Chris Buttigieg, senior manager, wealth planning strategy with BMO Financial Group. "Divorce poses some really challenges for people when retirement is around the corner."

In case of separation or divorce, either you or your spouse can transfer existing RRSPs to the other without being subject to tax provided you are living apart when property and assets are settled and provided you have a written separation agreement or a court order.

A couple's RRSPs often are split between partners during a divorce, but a lot of what happens will depend on the terms of the settlement.

Attribution rules (tax rules to prevent excess income splitting) regarding spousal RRSP and RRIF (registered retirement income fund) withdrawals will not apply to any withdrawals made after you and your spouse have begun to live separately and apart. Your soon-to-be-ex can continue to make spousal RRSP contributions to your spousal RRSP until the date you cease to be spouses, or the date of divorce.

"Women tend to have more attachment to the home but liquid assets tend to go the other spouse," Buttigieg said. "In cases like these there's a danger of becoming house rich and cash poor and finding yourself in the situation of wondering how you're going to carry the house and expenses."

A good financial planner will help you assess your financial situation, clarify your goals as a new single person and advise you on what you can do to meet those goals.

THE CANADIAN PRESS

TALBOT BOGGS IS A TORONTO-BASED BUSINESS COMMUNICATIONS PROFESSIONAL WHO HAS WORKED WITH NATIONAL NEWS ORGANIZATIONS, MAGAZINES AND CORPORATIONS IN THE FINANCE, RETAIL, MANUFACTURING AND OTHER INDUSTRIAL SECTORS.

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DON'T BE AFRAID TO FALL

SHE SAYS

Jessica Napier
metronews.ca

My generation grew up in an age of motivational posters and boom-time optimism. My parents, for better or worse, always tried to nurture my specialness and asserted that I could achieve absolutely anything I set my mind to. But for the large majority of us that simply isn't true and these high expectations can lead to a great deal of disappointment.

And it's not just overly entitled millennials who are faced with the challenges of overcoming rejection. Every day romances end, job applications are tossed in the recycling bin and hopeful young athletes are cut from the team.

Some forms of rejection are subtle and relatively inconsequential; you'll never really know if someone swipes to the left on your Tinder profile or one of your countless Twitter connections decides to unfollow you. But it's hard not to feel crushed when you're passed over for a promotion or a landlord picks someone else for that perfect apartment.

In fact, the sting of being snubbed actually hurts in much the same way as physical distress. In a 2011 study at the University of Michigan, researchers used a functional MRI machine to measure our brain's reaction to social rejection compared to simulated bodily pain. The researchers found that asking participants to recall their feelings about a bad breakup activated the same region of the brain that processes physical discomfort.

If hurt feelings can actually translate into the ache of a broken bone then logic would suggest that popping a couple of pain killers might help relieve the anguish of being rebuffed (at least temporarily). However, rather than doubling down on painkillers, we're probably better off reconditioning ourselves to process our emotions in a more positive and constructive way.

It's easy to dwell on moments of rejection and allow those feelings of inadequacy to chip away at your self-esteem. But attacking yourself when you're already down is like rubbing lemon juice into a paper cut. Concentrating on why you're not good enough for your dream job or blaming yourself for a failed relationship makes it difficult to stabilize your emotions and get past the pain. If we instead focus on reconstructing these negative experiences as opportunities for personal growth, we're more likely to recover faster and move forward.

It's important to remember that some of the most successful people in the world fail the greatest amount, not because they're hopeless but because they allow themselves to be vulnerable and go after possibilities even though they've failed in the past.

If you try to avoid rejection at all costs in order to protect your fragile ego, you'll avoid getting hurt by potentially bad experiences but you'll also miss out on plenty of positive ones too. Getting out of your comfort zone and risking failure is a success in itself because even if you're doing something wrong, at least you're doing something.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

They've entered the matrix

COURTESY NUMEN/FOR USE

Geometric cube is artsy jungle gym

These climbers are learning the ropes of how to scale a 3D grid. Designed by Croatian-Austrian collective Numen/For Use, String Prototype is an inflatable jungle gym-meets-interactive art site that contains a network of interlocking cables, allowing intrepid visitors to explore inside a large-scale white cube. METRO

The cube stands at eight metres high and six metres wide.
COURTESY NUMEN/FOR USE

Ropes tight enough to hold people

When the cube deflates, the ropes become loose, allowing the installation to decompress. When inflated, the ropes tighten themselves into a grid strong enough to support the weight of children and adults alike. METRO

Clickbait

LUKE SIMCOE
Metro Online

With the advent of Siri for iPhone and Google Now for Android, we were empowered to talk to our mobile phones. Almost immediately, they began to talk back. Both Apple and Google have loaded their voice search programs with fun, often hilarious Easter eggs. To check some of them out, ask your phone a few of these questions.

ISTOCKIMAGES

Android:

"Make me a sandwich."
"Beam me up, Scotty."
"Who are you?"
"When am I?"
"What does the fox say?"

iPhone:

"Will you marry me?"
"Mirror mirror on the wall who's the fairest of them all?"
"Siri, can you open the pod bay doors?"

Twitter

@metropicks asked: A court orders TekSavvy to name downloaders. What would you do if you were asked to pay piracy damages?

@thebellguy: Request refunds for all the terrible movies I've paid for first

@Canucklehead_ca: Ye lice-infested swine! I only be downloading a single movie: "Booty and the Beast". To ERR is human ... to ARR is pirate!

@UnfunnyTweeter: I'd tell them they could have it all and then draw them a hidden treasure map. Yaarrrr.

Follow @metropicks and take part in our daily poll.

Comments

RE: Students Embrace Our Golden Moment, Watch Canadian Women Beat U.S. In Olympic Hockey, published Feb. 20

No wonder students are ill prepared for the real world in this day. Instead of watching TV at school they should be learning math.
Bucket of Chicken posted to metronews.ca

This is part of our culture, students should be able to celebrate Canada's achievements. I'm proud that I can say I was able to see first hand this part of history. Sincerely, Caledonia Student
P.S. I had math in the morning.
Bucket_of_Awesome posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: saskatoonletters@metronews.ca

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DVD review

Gravity

Director. Alfonso Cuarón

Stars. Sandra Bullock, George Clooney

Not since 2001: A Space Odyssey has a film so vividly and realistically transmitted the feeling of being lost in space. Alfonso Cuarón's 3D film captures the deepest blues of Earth and the midnight hues of space, powerfully affecting the senses. High above the blue planet, slowly revealed in widescreen splendor by Emmanuel Lubezki's intoxicating camerawork, two spacewalking shuttle astronauts defy a vacuum and also expectations — and then calamity strikes. A leading contender for best picture at the March 2 Academy Awards, the film also works on a purely emotional level. Sandra Bullock and George Clooney convincingly depict the plight of space travellers facing dwindling oxygen and rescue prospects. Gravity isn't sci-fi. It's a sky high.

PETER HOWELL

Hollywood

Ghostbusters star Harold Ramis dies

Comedy actor, director and writer Harold Ramis, best known for his roles in movies such as Ghostbusters and Stripes, has died at his suburban Chicago home after a four-year battle with an autoimmune disease, his talent agency said. Ramis, 69, died early Monday morning of complications from vasculitis.

THE ASSOCIATED PRESS

Dust off your bikes and fight for your vegan rights

Portlandia is back. The quirky sketch comedy kicks off its fourth season with a Steve Buscemi bit on the plight of celery

PAT HEALY
Metro World News in Boston

Fred Armisen and Carrie Brownstein are set to bring you another season of Portlandia. AUGUSTA QUIRK/IFC

Over the past three seasons of Portlandia, Fred Armisen, Carrie Brownstein and director Jonathan Krisel have perfected a revolutionary recipe that marries music and comedy with utter absurdity. The fourth season, which premieres next week, furthers their cause, especially with a sketch called The Celery Incident, which has already gone live online.

In the sketch, Steve Buscemi plays a sales representative for celery, desperately trying to compete against other vegetable salesmen who have had recent fantastical, unlikely success with veggies like kale and Brussels sprouts.

"I think Celery embodies — even though it's more genre-specific than some of our other sketches — I think it really embodies the traits of the show that I think are the most successful," says Brownstein, "which is taking a relatable, sometimes timely premise and veering into the absurd, and then hopefully veering even more into surreality, and then somewhere at the heart of this, having some relatable characters that are suffering through genuine and authentic relationship issues."

Just because they use familiar ingredients for their recipe doesn't mean the show is formulaic. Yes, you will see a lot of the characters you've seen in the previous three seasons, but in preposterous situations: Candace and Toni, the owners of Women and Women First bookstore, host a car wash fundraiser; Lance and Nina — Brownstein and Armisen's gender-swapping couple — find themselves in conflict with Jeff Goldblum's mattress salesman over a certain claim he has made that casts everything Lance stands for into doubt.

"We'll have pictures of the characters on a bulletin board and we'll have an idea for something," says Armisen, "and then we kind of shift the idea to each character, like, 'I wonder if they would be good for this?' And then eventually it will just resonate right away, and you'll know it's perfect for a set of characters."

Watch it

- Portlandia season 4 airs on Superchannel starting March 3; see superchannel.ca for air times. Seasons 1 and 2 are available on Netflix.

With such a winning formula, it's understandable that the Portlandia peeps would be protective of what they've created.

"We have worked for four seasons to make this world that feels a little bit specific and strange and hyper-real," says Brownstein. "So we try to keep that world magic and special, but of course in the meantime we have had people from SNL and friends on. There's definitely an open-door policy, as long as it feels germane and doesn't feel conspicuous to have things cross over."

We'd be remiss not asking Armisen if he thought there would be any crossover with his new role as bandleader for Late Night with Seth Meyers, but when it comes to inheriting Questlove's seat, he suddenly turns even more protective.

"I don't want to talk about it," he says, shifting the tone of the conversation into uncomfortable territory. "That's something for my friend Seth and it's fun and I don't want to talk about it because this is about Portlandia and Carrie is on the other line."

He will allow, however, that he's going to be able to take time off to work on Portlandia. "It will be perfect," he says, with a little less attitude. "My focus is Portlandia. That's what I do."

Sam Worthington ALL PHOTOS GETTY IMAGES

Avatar star Worthington punched photographer who 'kicked' his girlfriend

Avatar star Sam Worthington was arrested in New York over the weekend for allegedly punching a photographer during an altercation outside a Greenwich Village bar, according to Radar Online. Law enforcement sources say the Australian actor was coming to the aid of girlfriend Lara Bingle. "The photographer kicked Lara and then Worthington punched him, causing the photographer to have lacerations to his nose," an NYPD spokesperson says. "He has been charged with assault. He punched the photographer." That photographer, by the way, was also arrested on charges of assault, reckless endangerment and harassment.

Charlie's chuffed with new fiancée ... just don't say porn star

Charlie Sheen is excited about starting a life with his new fiancée, Brett Rossi, but he'd be a lot happier if the press would stop calling her a porn star. "It's absolutely making Charlie crazy that the media keeps referring to Brett as a porn star, because she no longer is doing that. She recently graduated from nursing school," a source tells Radar Online. "Furthermore, her stage name is Brett Rossi, her legal name is Scottine Ross. He wants people to refer to her as Scotti."

Charlie Sheen

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Baldwin states his case and writes off the fame game

MELINDA TAUB
Metro World News

Here is a partial list of things and people Alec Baldwin slammed in New York Magazine on Monday: the paparazzi, homophobes, people who think Alec Baldwin is a homophobe, CSI, a man in Hawaii who answers the phone rudely, Shia LaBeouf, Rachel Maddow, Broadway, New York, America, the world, 2013.

Baldwin has penned a lengthy piece that is purportedly his resignation from public life, but the bulk of it is essentially a rebuttal to everything you've read or heard about him in the past year. Everything, from his failed attempt to costar with Shia LaBeouf on Broadway to his cancelled MSNBC show to allegations that he'd used a gay slur, is addressed and found to be the fault of a vicious paparazzi culture whose main purpose is to make Alec Baldwin look bad.

Baldwin keeps returning to one episode: An incident in 2013 when a photographer tried to take a picture of Baldwin and his baby daughter, and the actor chased him down the street cussing him out. According to TMZ, Baldwin called him a "faggot." Baldwin insists that's not true, but he blames the fact that he's been falsely labelled a homophobe for everything from the cancellation of his MSNBC show (well, he also blames Rachel Maddow for that) to the fact that he probably can't run for mayor of New York now. I would have slightly more sympathy for Baldwin's plight if he hadn't used the word "tranny" in the article. Still, the piece is amusing for exactly the thing Baldwin claims to deplore: celebrity gossip. Shia LaBeouf screamed at him for not knowing his lines! Rachel Maddow viewed him as "equivalent to Mel Gibson!" Juicy, Alec. Tell us more.

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metro

What does your achoo say about you?

Is it a cold? Is it allergies? It all depends on how long you've been suffering. ISTOCK

Winter blahs. Spring isn't quite here yet and neither is allergy season but that cold might not be a cold after all

MAJA LUNDAGER PEDERSEN
Metro News in New York City

It's been 14 days and that cold you caught is still hanging on. What do you do? Probably nothing. It's just a cold, right? Actually, you might have an allergy. No, allergies aren't just a spring thing.

"What I tell [patients] is, if it lasts for more than nine days, it's not a cold. It's probably either a sinus infection or an allergy," says Dr. Joan Lehach, an integrative medicine physician specializing in allergy, asthma and clinical immunology at Montefiore Medical Center in New York.

Lehach knows it can be hard to distinguish a cold from allergies. "The things that they have in common are you get congestion, you can get a cough, you can get postnasal drip, you can get a headache. You just feel tired and not well."

But there are other signs that indicate your bug may be an environmental issue, rather than a bacterial one. Typically, you are not going to get a fever with an allergy. Your mucus can be clearer in colour — with colds, sometimes it turns green or yellow. You don't get body aches with an allergy, typically, whereas with a cold you might.

Winter allergies do exist, and if you get sneezy during the spring and summer, chances are you'll be affected in colder months too. Common culprits? "Indoor things like dust mites and mold," Lehach says.

Allergies are not just annoying — they can also lead to sinus infections, which are also similar to colds. Allergies set you up for getting actual colds and viruses because your immune system is stressed.

By paying attention to your nasal health, Lehach says you can reduce your risk of catching a wintertime bug. Follow her advice: "The most important thing you can do — and this applies to colds, flus and allergies — is wash your hands and face.

"Also, if the air is too dry, it sets you up for a dry mucosa with cracks in your nose, so when you are exposed to viruses you are more likely to get infected because you have these microscopic cracks. And if it's too moist you are going to grow the mold and the dust mites and the indoor allergens [that] make your symptoms worse as well.

"Try to keep the humidity in your house around 50 per cent. For five or six bucks you can get this little gadget that will tell you the humidity in your house, and then you can either get a humidifier or a dehumidifier, or do something as simple as putting a pot on the radiator and that moistens the air."

For your phone

Phobia Free (iPad, iPhone; $3.99)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

This therapy app will help you understand and deal with your arachnophobia through relaxation techniques and a progression of virtual spiders, including one you interact with using your phone's camera.

Bring home the high-tech spa gadgets

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

We are living in generation gadget. So, it's fitting that in the beauty aisles, there are now at-home devices for virtually every skin concern.

In the latest issue of Best Health, Canada's healthy lifestyle magazine for women, we've included an article by writer Wing Sze Tang about the latest skin care gizmos.

Some are technologically similar to what's available at the dermatologist's office or the spa, but do the DIY versions work? Likely not as well as doctor's office equipment. But they can be a good complement, or at the very least, worth a try. They are approved by Health Canada as safe. Here are a few:

The Anti-Ager

Tria Beauty Age Defying Laser ($495 at Sephora). This is a handheld non-ablative fractional laser, meaning it doesn't vaporize a whole layer of tissue. The device uses targeted beams of light to stimulate the natural cell renewal cycle in order to generate collagen. This kick-starts the skin's self-repair process, resulting in fresh, new cells, with diminished fine lines and wrinkles, and less-noticeable age spots. The device can improve overall skin appearance and diminish pigmentation.

The Acne Buster

Tanda Zap Power ($79 at Hudson's Bay). Designed as a targeted spot treatment, this gadget features antibacterial blue LED light and pore-opening sonic vibration and gentle warming to help tame breakouts. Blue light therapy reduces mild inflammatory acne. The company claims it can zap 85 per cent of acne-causing bacteria after six minutes, helping to reduce a breakout within 24 hours.

The Pore Detoxer

Clarisonic Deep Pore Decongesting Solution ($200). By oscillating at high frequency, this cleansing tool loosens the sticky debris plugging your pores. The inner rings on the brush head oscillate in counter-rotation to flex and relax skin surrounding pores and purge congested skin, shaking the dead cells off the skin. After two weeks, you should notice smaller-looking pores and smoother skin texture.

For more examples of skincare devices you can use at home, pick up the March/April issue of Best Health.

BEST HEALTH IS ON NEWSSTANDS, OR YOU CAN SUBSCRIBE AT BESTHEALTHMAG.CA. WE ALSO HAVE AN AWARD-WINNING IPAD EDITION.

ADVERTISING FEATURE

STAY WELL

It's time for a fresh start! A new year is the time to commit to taking care of yourself so you can take care of the ones you love. It only takes a few minutes each day, and a few simple strategies, to keep you feeling your very best.

USE YOUR BODY

You don't need a gym – or even any free time! – to get in the best shape of your life. Here are three no-equipment-needed moves you can do anywhere. Try them the next time you're waiting for your kids to finish hockey practice or dance lessons. And no matter where – or when – you work out, make sure Tampax Pearl Active is there with you. It keeps you protected so you can keep your mind on your workout, not your period.

1 WALL SIT
Pressing your back against the wall, squat down into a sitting position. Hold for as long as you can. You'll build strong glutes, thighs and calves as you increase your time.

2 ARM CIRCLES
Hold your arms out straight at either side at shoulder level. Alternate rotating your arms in small and large circles, backwards and forwards. You'll build shapely, lean arms and shoulders.

3 SIDE BENDS
Stand with your feet shoulder-width apart, your arms over your head and your hands clasped. Bend sideways from the waist, lengthening your arms as you bend. You'll develop your obliques for a strong core.

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FOR THE KIDS Play a favourite song that's between two and three minutes long and dance along while you brush. Or try Oral-B Deep Sweep 5000 Brush with its cute happy-face timer that ticks down the minutes till you're done.

FOR YOU Protect against plaque and gingivitis, plus fight pesky bad breath, by keeping a small bottle of Crest Pro-Health Multi-Protection Rinse in your purse for after lunch. Add Crest Pro-Health toothpaste and an Oral-B toothbrush, and soon you'll have a great daily habit.

To ensure these products are right for you, read and follow the labels. Crest® Pro-Health Toothpaste fights cavities, plaque, tartar and gingivitis, and treats tooth sensitivity. Crest® Pro-Health Multi-Protection Rinse fights gingivitis. Crest Pro-Health toothpaste is for adults and children 12 years and older. Crest Pro-Health Stages toothpaste fights cavities. Oral-B power toothbrushes are for ages 3+.

JUICE UP!

Juice is a terrific source of antioxidants and vitamins, but it usually lacks pulp, so it's low in fibre.[1] Want to give your morning juice or smoothie a tasty fibre boost? Add a dose of Metamucil. It dissolves best in cool liquids and tastes so good you'd never suspect it promotes digestive health[2] and helps lower cholesterol levels[3] to promote heart health. Orange and Pink Lemonade flavours brighten up tangy grapefruit juice, and Berry Blast flavour gives an extra zing to blueberry-pomegranate juice.

To ensure this product is right for you, always read and follow the label.
1-Source: http://www.mayoclinic.com/health/juicing/AN02107. 2-By relieving irregularity.
3-Lowers mildly to moderately elevated cholesterol levels when taken with a low fat diet.

GET LOST, COLDS AND FLUS!

You're worried that your kids are packing a little something extr in their backpacks. But you could be the one bringing germs home without knowing it.

Studies have shown that public bathrooms and restaurants aren't the germiest places. Surprisingly, it's humble grocery carts that take the top prize. Upwards of 72% of cart handles have bacteria and those nasty bugs.

Always wash your hands well after touching a grocery-cart handle. Scrub as long as a rendition of "Happy Birthday." Alcohol-based hand sanitizer can help reduce the bacteria on your hands when hand washing is not an option. If you do end up with a cold, DayQuil and NyQuil can help you get back on your feet and feel better fast.

To ensure this product is right for you, always read and follow the label. Vicks DayQuil Cold & Flu relieves fever, headache, cough and nasal congestion. Vicks NyQuil Cold & Flu relieves fever, headache, cough and runny nose.

GO ONLINE FOR MORE HELPFUL TIPS

To get your year off to a fresh start, go online for more tips designed for busy moms. Go to **www.staywellmom.ca.**

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† Source Healthcare Analytics, 2012. © 2014 P&G

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Health Solutions

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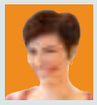

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

If you truly have a cholesterol problem, turn the page. Still reading? OK, but this is the honour system.

Pâté is a French favourite for a few reasons. It is smooth, creamy and intense, and a little goes a long way flavour-wise.

The addition of duck fat, however, makes it out of bounds for many.

Liver itself is nourishing. It is rich in Vitamin A, which is great for your eyes (unless you are pregnant, then it can be too high for baby), B12, to help keep heart-disease-causing homocysteine levels low, protein and iron.

Aside from duck fat, there are caveats — and big ones. Liver is high in cholesterol, which isn't a problem for most. But if your doctor has asked you to avoid it, do so.

In addition, liver is the organ that cleanses the body of all kinds of toxins. Which means, whatever the animal was exposed to can get concentrated in their liver and you would be consuming pesticide, medication and environmental toxins.

Simple solution? Go organic. Organic chickens are fed organic feed, which reduces their load and, in turn, yours. They are available at health-food stores and well worth the effort. Like, once in a while. Don't be doing this weekly, sheesh.

Trim livers of any fat or and simply pan fry on high heat with garlic and oregano for a traditional Greek treat. It's excellent as an appetizer! Or, bust out the hand blender and puree into pâté. Either way, classic Mediterranean simplicity is at your finger tips.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

All pâté roads lead to a red-wine-sipping kind of meal

THERESA ALBERT
myfriendinfood.com

Traditional pâté is often made with about 50 per cent added saturated fat. This recipe uses extra virgin olive oil and a little bit of butter but nets a smooth and creamy spread that can be the centrepiece for your next Friday night charcuterie platter.

Spread on veggies, add some hummus and make it a simple, red-wine-sipping kind of meal.

This recipe serves six. COURTESY THERESA ALBERT

Ingredients

- 1 lb organic chicken livers
- 1/4 cup extra virgin olive oil
- 3 tbsp butter, melted and divided
- 1 tbsp balsamic vinegar
- 1/2 tsp sea salt
- 1 tsp thyme
- Black pepper, to taste

1. Clean livers and remove ducts and any fat. Rinse in a colander and place into a large casserole dish.

2. Add remaining ingredients, except pepper, and bake at 300 F for 30 minutes until very firm. Stir once during baking.

3. Allow to cool and use a hand wand to puree well.

4. Using a spatula place into jars, top with ground pepper and drizzle with melted butter.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE FOUND DAILY AT MYFRIENDINFOOD.COM

Goat Cheese Phyllo Bites: snack's fancy side

1. Heat the oven to 375 F. Arrange the phyllo cups on a rimmed baking sheet. Set aside.

2. In saucepan over medium-low heat, melt the butter. Add the flour and whisk 2 minutes. Add milk in a stream, whisking, and bring to a boil, whisking. Simmer, stirring occasionally, for 3 minutes. Remove from the heat and stir in the goat cheese, half of the Parmigiano-Reggiano, egg yolk, mustard and salt and pepper, to taste, stirring until smooth. Set aside.

3. In bowl, use an electric mixer to beat both egg whites until foamy. Add the cream of tartar and continue beating until they just hold stiff peaks. Stir a third of the whites into the sauce, then fold in the remaining whites, gently.

4. Spoon mix into phyllo cups. Bake on the oven's middle shelf until they are puffed and golden, about 15 minutes. Transfer to a platter, sprinkle the tops with the remaining cheese and some herbs, then serve immediately.

THE ASSOCIATED PRESS

This recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

Ingredients

- 3 packages (each package contains 15 cups) phyllo pastry cups
- 1 1/2 tbsp unsalted butter
- 1 1/2 tbsp all-purpose flour
- 1/2 cup 1% milk
- 4-oz log soft goat cheese, crumbled
- 1 oz finely grated Parmigiano-Reggiano
- 1 large egg, separated, plus 1 large egg white, at room temp
- 1 1/2 tsp Dijon mustard
- Kosher salt and black pepper
- Pinch of cream of tartar
- 45 fresh dill, tarragon sprigs

HOW DO YOU SPELL SUCCESS

AN MBA CAN HELP ACHIEVE GOALS

MINERVA STUDIO/SHUTTERSTOCK

Sometimes, you only need three letters to spell success — MBA.

Whether you are looking to increase your career potential, make a career change, or just add more tools to the toolbox, getting a master of business administration (MBA) can help you achieve these goals.

But when it finally comes down to choosing where to study your MBA, there are a number of factors to consider.

First is your time.

Getting your MBA can be quite time consuming, but there are a number of programs that offer different program lengths. Most business schools understand that many students are working professionals and cater to their busy schedules through flexible programming options.

If you plan on keeping your day job while getting your MBA, consider looking at a business school that offers an MBA program that takes place during evenings, weekends, or even online.

While online options are becoming increasingly more popular — with more schools starting offer this option — it is important to consider the value of the networking opportunities available to students who physically attend class. In some cases, potential employment opportunities can come down to who you know and a major pro when weighing your options.

For those who are ready to dive head first into their education, be sure to check out a school that offers a full-time option, or even an accelerated program.

Another factor to consider is your current level of education and whether you meet the entrance requirements to your desired program. When it comes to admissions requirements, each school has its own set. Some may ask for a degree in business to apply, while others may just ask for a university degree — it comes down to each individual school.

Location can also play a key role in the decision-making process.

Some of the best learning opportunities can be made during internships or work placements, so it may be a great idea to focus on a market in which you would ideally like to be employed.

No matter which MBA you decide to pursue, remember that it is an investment in yourself and that return on investment will be worth it in the long haul.

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CAPE BRETON MBA OFFERS FLEXIBILITY

For mother-daughter team Shannon Patershuk and Andrea Haley, their journey towards achieving a MBA was an unexpected one.

Both Patershuk and Haley enrolled in the MBA in community economic development (CED) offered at NAIT through Cape Breton University in the fall of 2009, but Patershuk was diagnosed with breast cancer in December of that year.

"To go through all of that with your daughter was such a bonding experience," says Patershuk, who is currently employed with Johnson Inc. as the west regional manager, retiree program relations.

Because of the support of the faculty and her daughter, both Patershuk and Haley earned their MBAs while fighting Patershuk's cancer at the same time.

"It was quite a manageable program," says Patershuk, adding that CBU faculty always placed health before deadlines.

To celebrate, Patershuk and Haley attended the convocation in Cape Breton with other members of their cohort.

Shannon Patershuk and Andrea Haley

CONTRIBUTED

This MBA program caters to working people who need flexibility to complete an accredited graduate business program in two years on a part-time basis in interactive classes right in their own community.

It is a program of Cape Breton University, but the classes take place on alternate weekends at the NAIT campus, and is one of only four MBA programs approved in Alberta.

For more, visit cbu.ca/mba.

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When one thinks about an MBA program, flexibility is not usually the first thing that comes to mind.

While it may be hard to believe, that is exactly the goal of the Thompson Rivers University (TRU) MBA.

"With our online courses and part-time options that are personalized to meet the student's needs, our students are able to study a quality program and achieve their educational goals while maintaining their work and personal commitments," says Victoria Baker, director MBA program.

As one of the most flexible MBA programs in Canada, TRU students are able to customize their learning styles by either choosing to study on-campus, online or through a blended combination.

While the delivery format for each student may be different, the end goal is the same.

"An MBA is recognized worldwide as a program of study that provides competency in all the major functional management areas of an organization, preparing graduates to lead and manage effectively in today's complex and rapidly-changing business environment," Baker says.

CONTRIBUTED

The TRU MBA is a two-year program, with a possibility of a 12-month accelerated program for those with and undergraduate degree in business.

For more information and to view admissions requirements, visit tru.ca/business/mba.

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FOCUSED LEARNING UNIQUE AT EDWARDS

The Edwards MBA is an MBA program offered your way.

For those who can't dive into their studies full time, but need to work towards their MBA on a more flexible schedule, the Edwards MBA offered through the Edwards School of Business has a programming option to meet the needs of individual.

"Flexibility is important in order to allow students to continue working while completing their studies," says Carolyn Blushke, program and marketing co-ordinator, Edwards MBA, Edwards School of Business.

"Many students do not have the option of taking time off to pursue an education, so we try to be as flexible as we can to accommodate our working students."

The Edwards MBA offers students the flexibility to complete the program over a course of one (full time), two, or three years (part time).

Blushke says a decidedly unique aspect of the Edwards MBA program is the focused learning and integration of business concepts. Each course is offered consecutively in a modular format and courses are scheduled in three-week durations, creating an intensive learning environment that immerses students in the subject area while allowing flexibility in scheduling.

Students learn how business concepts are integrated into business decisions through a combination of applied courses, exercises, case studies and projects incorporating each functional business area.

"Students develop an approach to management that is both integrative and strategic, gaining a deeper understanding of organizations and their local and global context," Blushke says. "By enhancing their interpersonal communication, team building and leadership skills, graduates pursue careers with confidence, integrity and accountability."

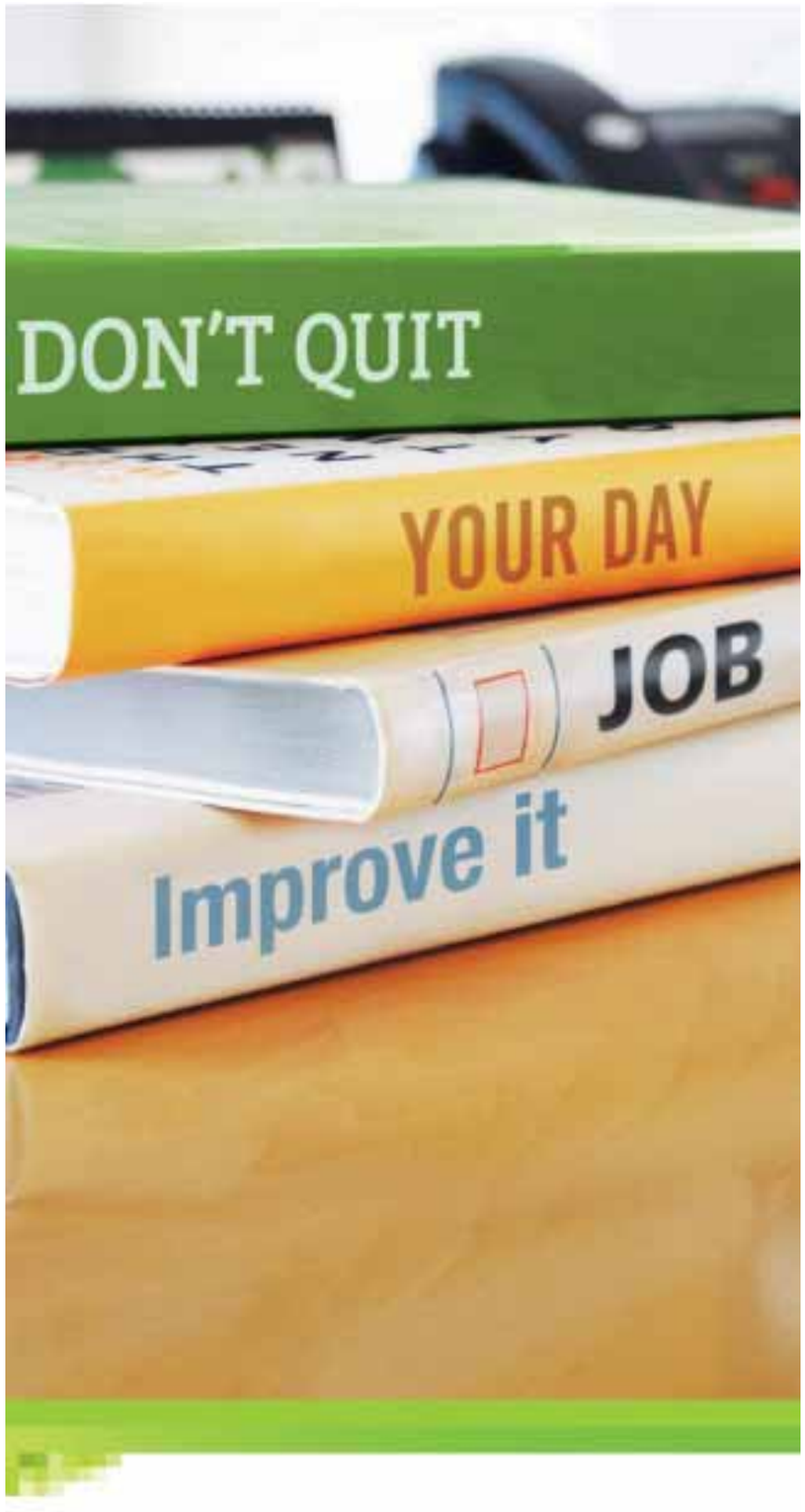
Application deadlines for the 2014-15 academic year starting September, are March 31 for international students, and May 31 for domestic students.

For more information about the Edwards MBA, visit edwardsmba.ca.

REQUIREMENTS

To apply for the Edwards MBA, applicants must meet the following admissions requirements:

- Completed online application form and $75 application fee
- Official GMAT Score (minimum of 550 recommended)
- English proficiency scores (if required)
- Official transcript of academic records sent directly from each institution attended
- Three letters of reference
- Current resumé
- Letter of intent



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EDWARDS SCHOOL OF BUSINESS UNIVERSITY OF SASKATCHEWAN | MBA

Carey Price shows his gold medal to the media at the Montreal Canadiens' practice facility on Monday in Brossard, Que. RYAN REMIORZ/THE CANADIAN PRESS

Price checks back in after 'satisfying' trip

Hockey. Habs goalie coming off high of winning gold and posting stellar numbers

Quoted

"Emotionally, it was a very trying time. I'm just taking the next couple of days to relax and unwind."

Team Canada goalie Carey Price

Carey Price looked a little dazed at the Montreal Canadiens practice facility after returning from Canada's Olympic hockey triumph.

Price arrived with some other players on Monday morning from Sochi, Russia, where his near-flawless goaltending helped Canada to a second straight gold medal in men's hockey.

Still jet-lagged and sleepy, he didn't take part in the Canadiens' practice and will have at least two days off to recover.

He said the gold he flashed for the photographers in front of his locker-room stall "still hasn't sunk in a whole lot.

"I'm sure it will over the next couple of days."

Price went to Sochi not knowing how much work he'd get in the net, but he started Canada's opening game against Norway and ended up playing five of the team's six games. Roberto Luongo got the other start and also got a shutout against Austria.

Price led Olympic goalies with a 0.59 goals-against average as Canada let in only three goals in the tournament. He posted a .971 save percentage and had two shutouts.

Now he feels the confidence gained from that performance will make him a better goalie in the NHL.

"It's satisfying, no question," the 26-year-old said. "There was a lot of doubt about the position going into the Olympics. We heard about it in August at the orientation camp. And to be able to deliver at the right time was huge."

THE CANADIAN PRESS

NFL combine

Clowney displays speed, strength

Jadeveon Clowney made things tougher for Johnny Manziel and the other potential No. 1 picks Monday.

The former South Carolina star ran the fastest 40-yard dash time of the defensive linemen. NFL.com reported the unofficial time at 4.47 seconds.

He did 21 reps at 225 pounds in the weightlifting workout, putting him in the second half of defensive ends.

THE ASSOCIATED PRESS

MLB

Darvish pain-free after first spring intrasquad game

Yu Darvish felt a little awkward facing hitters in a game-like situation for the first time this spring.

The Texas Rangers' ace threw 13 pitches in his scheduled inning Monday in their first intrasquad game of spring training, and what mattered most is that Darvish's back felt good.

"It's been a while since I faced a hitter in a game situation," Darvish said through a translator. "I felt no pain, and no discomfort, so I feel very good about it."

The Japanese pitcher dealt with inflammation from nerve irritation in his lower back for the final six weeks last season, and still led the majors with 277 strikeouts while finishing second in the AL Cy Young Award voting. Even with the back issues, Darvish finished 13-9 with a 2.93 ERA over 209 2/3 innings.

THE ASSOCIATED PRESS

Can Canada keep the gold times rolling?

From left: Janet Arnott, Dawn McEwen, Jill Officer, Kaitlyn Lawes, Jennifer Jones and Kirsten Wall pose for a photo as the gold-medal winning curling team arrives at Toronto's Pearson Airport Monday. CHRIS YOUNG/THE CANADIAN PRESS

Canada's Olympic team in Sochi benefited from the afterburn of hosting the previous Winter Games in 2010.

It's a trend, although not a given, that the home country of an Olympic Games can parlay the momentum for another quadrennial or two because of a high-revving sports system.

Canada won 25 medals in Sochi after a total of 26 in Vancouver in 2010.

The Canadian team finished third in overall medals and first in gold four years ago. In Sochi, the final tally was good for fourth overall and third in gold.

Hosting a Games made Canada a winter sport power, but can it last to 2018 and beyond?

"I think it's sustainable," said Steve Podborski, Canada's chef de mission in Sochi. "It's really, really fun to be good at something."

THE CANADIAN PRESS

Hosts' right to boast

- China was second with 100 medals at the 2008 Beijing Games and second with 88 in London in 2012.
- The U.S. has cracked the top three in the Winter Games medal count since hosting in 2002.
- Australia hit a high of 50 medals in Athens after Sydney had the Games in 2000, but fell to 35 in London.

Man with the golden touch

Sidney Crosby's career features numerous highlight-reel goals. Here's a look at five that may rank among his best.

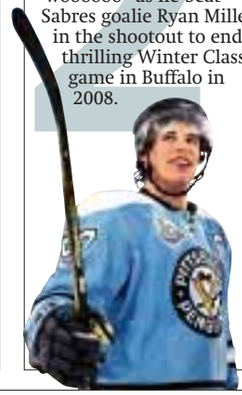
TORSTAR NEWS SERVICE
Photos by Getty Images

Welcome back, Sid

The goal Crosby scored against the Islanders in November 2011, in his first game back from a long concussion layoff. Crosby broke through the Islanders defence and tucked a backhander top shelf, one of his fave moves.

Winter Classic shootout

You can hear Crosby yelling his familiar "wooooooo" as he beat Sabres goalie Ryan Miller in the shootout to end a thrilling Winter Classic game in Buffalo in 2008.

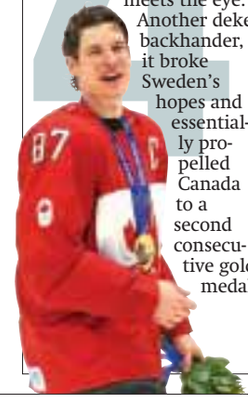


Premiere of the Crosby Show

This one came against the Canadiens in November 2005 and was one of the goals that started the legend. To end a shootout, Crosby did his little leg kick fake, then went backhand roof past a helpless Jose Theodore. For good measure, the puck knocked the water bottle off the top of the net.

Sochi Olympics

This was Crosby's latest thriller, and it carries more weight than first meets the eye. Another deke backhander, it broke Sweden's hopes and essentially propelled Canada to a second consecutive gold medal.



Golden goal in Vancouver

You can hear Crosby shout to Jarome Iginla for a feed as he bolted to the net from the corner. Miller was the victim again as Crosby won the gold medal for Canada. The goal ranks up there with the most famous in international competition for Canada.

NHL

Sabres still dangling Miller on trade market

A person familiar with discussions has told The Associated Press that Buffalo Sabres GM Tim Murray continues to pursue offers for goalie Ryan Miller with the intention of dealing him before the NHL trade deadline on March 5.

The person spoke on the condition of anonymity because Murray did not speak to reporters Monday.

The person said the team's first option is trading Miller, who is in the final year of his contract. Option No. 2 would be making a bid to re-sign Miller if a trade can't be completed.

Miller was a no-show at Sabres practice Monday because the United States' backup goalie was travelling from the Sochi Games.

Miller was scheduled to arrive later in the day.

THE ASSOCIATED PRESS

NHL

X-rays show Stamkos not well enough to play

Injured Tampa Bay Lightning star Steven Stamkos is recovering, but not ready yet to return to the lineup.

Stamkos is sitting out a four-game post-Olympic trip that starts Thursday at Nashville.

Stamkos underwent X-rays on Monday that revealed that his broken right shin, which has sidelined him since November, is improving but not enough for him to be cleared to play in games.

Steven Stamkos
THE CANADIAN PRESS

The centre will travel with the team to continue practising, and is expected to be examined again when the Lightning return for a homestand that begins March 6 against Buffalo.

Stamkos was injured on Nov. 11 at Boston and underwent surgery. He has 14 goals and 23 points in 17 games this season. The injury kept Stamkos from playing for Canada in the Sochi Olympics.

THE ASSOCIATED PRESS

MLB

Trout's contract talks won't slow big fish: Manager

Angels manager Mike Scioscia said Monday that he isn't worried about possible contract talks becoming a distraction for star centre-fielder Mike Trout.

"It's not an issue and it's certainly not an issue with Mike," Scioscia said.

Published reports have said the team and Trout are discussing a long-term deal.

Scioscia said he hasn't seen a contract becoming a problem in his time with the Angels.

"We haven't had anybody here in 15 years because of a contract situation that hasn't come out and given 100 per cent," Scioscia told reporters.

Scioscia said his training camps are "high energy" and designed to keep players focused. He added that distractions can come in many forms and pointed out that Trout has handled distractions easily through two seasons with the Angels.

In two seasons, Trout has won the American League Rookie of the Year award and was twice the runner-up for AL Most Valuable Player.

THE ASSOCIATED PRESS

Collins among old pals in return with Nets

NBA. Openly gay player playing alongside many former teammates with a 10-day contract in tow

Jason Collins has a week and a half to prove himself to the Brooklyn Nets.

He signed a 10-day contract, one of the toughest deals in sports because it gives non-superstars almost no time to impress their coaches and teammates in hopes of sticking around.

With this group, Collins did that long ago: The Nets locker-room is filled with former teammates who have already accepted the league's first openly gay player and his on-court habits, which are the ones that matter most to them.

"Guys already know what ... to expect from me. It's like, OK, he's not going to magically have a 40-inch vertical (leap) and shoot threes," Collins said.

That made it the ideal place for his historic return to the NBA.

Perhaps, as numerous players insisted after Collins came out in a Sports Illustrated article last April, athletes were ready to accept a gay teammate. Maybe Collins would have been welcomed anywhere he signed.

But maybe not. As the bullying scandal involving the Miami Dolphins proved, the locker-room can be a place where abusive language can divide a team and threaten to derail a season, to say nothing of the fallout for the players themselves.

The loudest voices with the Nets, however, belong to the team leaders, and they've already made up their mind about Collins.

Old teammate Jason Kidd coaches the team. Collins played with Joe Johnson in Atlanta and Kevin Garnett and Paul Pierce in Boston, and they are now the respected veterans in Brooklyn.

Collins played six and a half years with the Nets, who he helped reach the NBA Finals with Kidd in 2002 and 2003. One of his first calls when he came out last April was to Kidd.

"You look at all the connections that Jason has and also being that he played with the Nets before, so I think this is a great opportunity for him," Kidd said.

THE ASSOCIATED PRESS

Jason Collins made his return to the NBA on Sunday night playing for the Nets against the Lakers in Los Angeles. JEFF GROSS/GETTY IMAGES

Alouettes name Grey Cup winner Higgins their new head coach

CFL. Former Eskimo looks to resuscitate struggling squad in relief of GM Popp

For a second year in a row, the Montreal Alouettes will start the CFL season with a new head coach.

Alouettes owner Bob Wetenhall announced Monday that Tom Higgins will be the club's new head coach.

The former Edmonton Eskimos and Calgary Stampeders bench boss replaces general manager Jim Popp, who took over on Aug. 1 when the inexperienced Dan Hawkins was fired only five games into the 2013 season.

Wetenhall made it clear in a statement that he did not want Popp, who is considered one of the CFL's best GMs but has a career 16-20 record as a coach, to continue in both jobs.

"As I've expressed to the media in recent weeks, I wanted to continue with the formula which has brought us the success we've enjoyed these past 17 years — having a full-time head coach and a full-time general manager to fill each of these positions," said Wetenhall.

"The criteria we established was to find an individual familiar with the CFL; someone with success in that position and a background as a position coach. In addition, we sought an individual with a record for moulding and delivering championship teams.

"In Tom's seven years as a head coach he won three division championships along with a Grey Cup, and twice earned recognition as the CFL's coach of the year. His head coaching record of 72-53-1 speaks for itself. We welcome Tom to the Alouettes family."

Popp had made no secret of wanting to continue coaching, but Wetenhall put out a statement recently saying candidates would be interviewed.

THE CANADIAN PRESS

Failed experiment

A year ago, the Alouettes waited until Feb. 19 to name Hawkins, a former U.S. university coach with no experience of the Canadian game.

- He was 2-3 when he was fired with the team in disarray.
- Popp went 6-7 after taking over as head coach.

Former Eskimos head coach Tom Higgins, who lead Edmonton to a Grey Cup and was twice named coach of the year, was named the new head coach of the Montreal Alouettes on Monday. DARRYL DYCK/THE CANADIAN PRESS FILE

CFL

Bombers hire new QB coach

Gene Dahlquist is the new quarterbacks coach of the Winnipeg Blue Bombers.

Dahlquist is a CFL rookie but he has held offensive co-ordinator positions at the universities of Oregon, Boise State, Iowa State, Illinois and the University of Texas.

Most recently, he was quarterbacks coach for the Omaha Nighthawks of the UFL.

THE CANADIAN PRESS

CFL

Ex-Ticats owner robbed of Cup ring

A former owner of the CFL's Hamilton Tiger-Cats is asking for the return of his "priceless" 1999 Grey Cup ring, which was stolen from his Toronto home during a break-in.

George Grant, who was owner and vice-chairman of the Tiger-Cats from 1992 to 2003, says the championship ring was taken Feb. 9 along with other jewelry and valuables.

THE CANADIAN PRESS

CFL. B.C. veteran Logan still running with the Lions

The B.C. Lions will once again have a two-headed monster in the backfield for 2014.

The club signed veteran running back Stefan Logan to a contract extension on Monday after he returned to the Lions in October and helped spark a stagnant ground game.

"Stefan demonstrated last season that he gives our offence an added dimension," Lions general manager Wally Buono said in a statement. "His speed, athleticism and football instincts make him a very valuable piece of the kind of championship-calibre team we're building."

Logan, who began his career with the Lions in 2008 and will be 33 when training camp opens, returned to B.C. last season after four years in the NFL.

He carried the ball 33 times for 236 yards and a touchdown in three games with the Lions before adding nine carries for 53 yards and two TDs in B.C.'s playoff loss to the Saskatchewan Roughriders.

Stefan Logan, 26, outruns the Eskimos' Tristan Jackson for a first down on Aug. 8, 2008. DARRYL DYCK/THE CANADIAN PRESS

"Few players are a threat to score each time the ball is in their hands and Stefan is one of those rare players," said Lions head coach Mike Benevides.

Prior to his return, the Lions had failed to register a 100-yard rusher for 10 straight games as running back Andrew Harris struggled behind a leaky offensive line.

Logan's return to the lineup meant a renewed emphasis on running the ball and helped Harris, who registered 102 yards rushing in the season finale before adding 93 more in the post-season defeat.

"I am very happy to get this extension done," said Logan, who also returns kickoffs and punts. "We have a very talented team heading into this season and I can't wait to see what Andrew and I can do together."

THE CANADIAN PRESS

Two-headed beast

"We have a very talented team heading into this season and I can't wait to see what Andrew and I can do together."

B.C. Lions running back Stefan Logan, on his contract extension.

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Horoscopes

♈ Aries
March 21 - April 20
There are a number of things you need to get rid of, things that are stopping you from realizing your potential. You know what they are and you know they must go. Now is the time put the past behind you.

♉ Taurus
April 21 - May 21
You need to find ways to further your ambitions while not appearing too selfish. This is a time of great opportunity. Stay calm, stay focused and, above all, stay the course.

♊ Gemini
May 22 - June 21
You are going to have to make a difficult choice and what you decide will affect your life for years to come. Only you can make this choice but it's got to be one thing or the other. The worst choice is no choice at all.

♋ Cancer
June 22 - July 23
The Sun in Pisces boosts your confidence and make it easier to take chances. Not that you should push your luck at every opportunity but you do need to be a bit more adventurous.

♌ Leo
July 24 - Aug. 23
One of your more impulsive moods could lead to something good . . . or something bad. You will get into risky situations – the sort you like best – but you know how to get out of them too.

♍ Virgo
Aug. 24 - Sept. 23
Because the approaching new moon falls in the partnership sector of your chart you will find it easier to identify with and sympathize with other people's worries. Help them if you can but don't let their worries rub off on you.

♎ Libra
Sept. 24 - Oct. 23
Take care you don't get too close to a situation and lose your sense of perspective. You need to make a conscious decision to stand back from what you are doing and see the bigger picture.

♏ Scorpio
Oct. 24 - Nov. 22
Put your own interests first and start work on something you have been thinking about for months. This is an excellent day for creative activities, so put your doubts behind you and follow your dream.

♐ Sagittarius
Nov. 23 - Dec. 21
If a loved one demands more independence you must give it to them. You should know by now that the harder you try to control other people the more it hurts when they finally break away.

♑ Capricorn
Dec. 22 - Jan. 20
You will get a lot out of social activities today, so make the effort to get out into the world. The more you engage with people the more you will see how similar we all are.

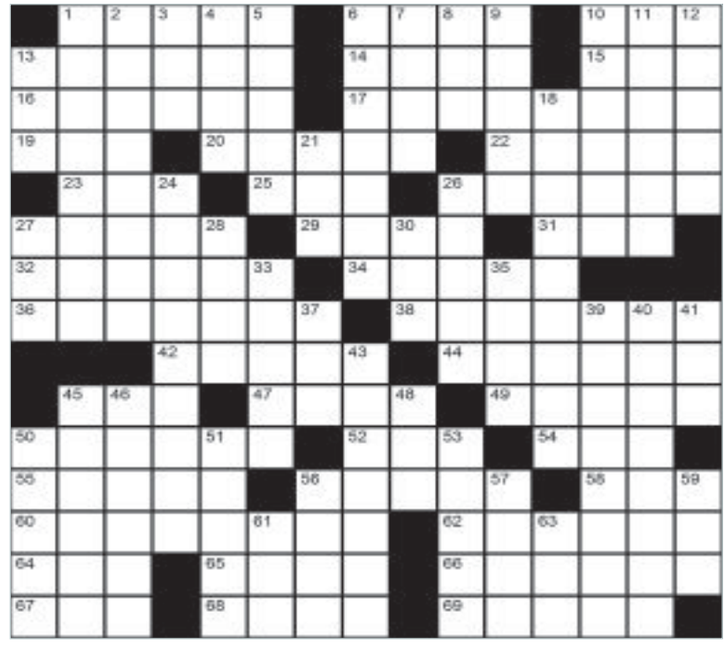
♒ Aquarius
Jan. 21 - Feb. 19
If you want something enough you will find a way to get it, no matter how many obstacles are placed in your path. Whatever challenges you face you are big enough and tough enough to deal with them.

♓ Pisces
Feb. 20 - March 20
Success is yours if you want it enough, so do you? Pisces is often a laid back sort of sign, so maybe you are happy taking each day as it comes. If so, that's okay – you are who you are. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

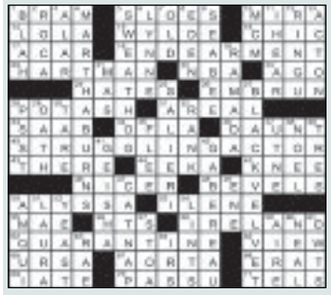
BY KELLY ANN BUCHANAN



Across
1. Nary _ __ (Nobody)
6. Bible boy
10. Ms. Gardner
13. Refinement
14. Taj Mahal's site
15. Vancouver-born actor Mr. Bellows
16. Manitoba: __. __ Provincial Park
17. Oscars: 2014 Best Original Song nominee "Happy" by __ Williams
19. URL ending
20. Singer Ms. Baker
22. Choreographer Mr. Terrio
23. E-Mail sending acronym
25. Santa __, California
26. Pamper
27. Tidal bore
29. "Sand in My Shoes" singer
31. Coral reef
32. Great Pyramid of Giza commissioning Pharaoh
34. Sally Field's Oscar-winning role, __ Rae
36. 1998 Barenaked Ladies chart-topper: 2 wds.
38. Rumour
42. Mister, in Madrid
44. Little wave
45. Is able to
47. United __ Emirates
49. Reservations
50. Least wild
52. Global currency org.
54. Green Day drummer, __ Cool
55. Stevie Wonder's "_ __ Called to Say I Love You"
56. Cherish
58. "The Age of Innocence" (1993) actress ...her initials-sharers
60. Laurentian locale, Saint-__
62. Reverberations
64. French article
65. Marvel Comics superhero
66. Flunky
67. Bottom-of-letter letters
68. Articulates
69. 1953 John Wayne movie

Down
1. German highway
2. Robert Service poem, The Cremation of __ __
3. __ _ whim
4. Calif. campus
5. British singer Ms. Lewis
6. 2014 Best Picture nominee, "__ Phillips"
7. Turkish official or military title
8. Mr. Gershwin
9. Elaine __ ("Taxi" role for Marilu Henner)
10. Schedule
11. In a despicable manner
12. Festive song: "O Come, __ __ Faithful"
13. White House defence advisory gr.
18. Locale of pre-Oscars telecast action: 2 wds.
21. Polit. designation
24. __ Pass (Alberta community in The Rockies)
26. Apples gadget
27. Green
28. Sword sort
30. Play-__
33. La Chambre Rouge occupant, __ du Canada
35. But: French
37. North or South country [abbr.]
39. BC mining community
40. Other self: 2 wds.
41. Thumbs-up
43. Invading ilks
45. Descendants of Acadians in Louisiana
46. Makes funny
48. Canuck financial inst.
50. Standstill
51. Sporty figures
53. New
56. Skipper's salute
57. Prefix meaning 'Outer'
59. Compass dir.
61. "__-ching!"
63. Distinguished [abbr.]

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

			7				3	1
1	5				4			
9				5			8	4
	1			3		2		
3								7
		2		6			4	
8	9			7				3
			5				7	6
2	7				9			

Yesterday's Sudoku

6	7	3	8	4	9	1	2	5
2	8	5	1	7	6	4	9	3
1	9	4	2	3	5	8	7	6
5	2	7	3	8	4	6	1	9
4	6	9	5	2	1	3	8	7
3	1	8	9	6	7	5	4	2
9	4	6	7	5	8	2	3	1
7	5	2	4	1	3	9	6	8
8	3	1	6	9	2	7	5	4

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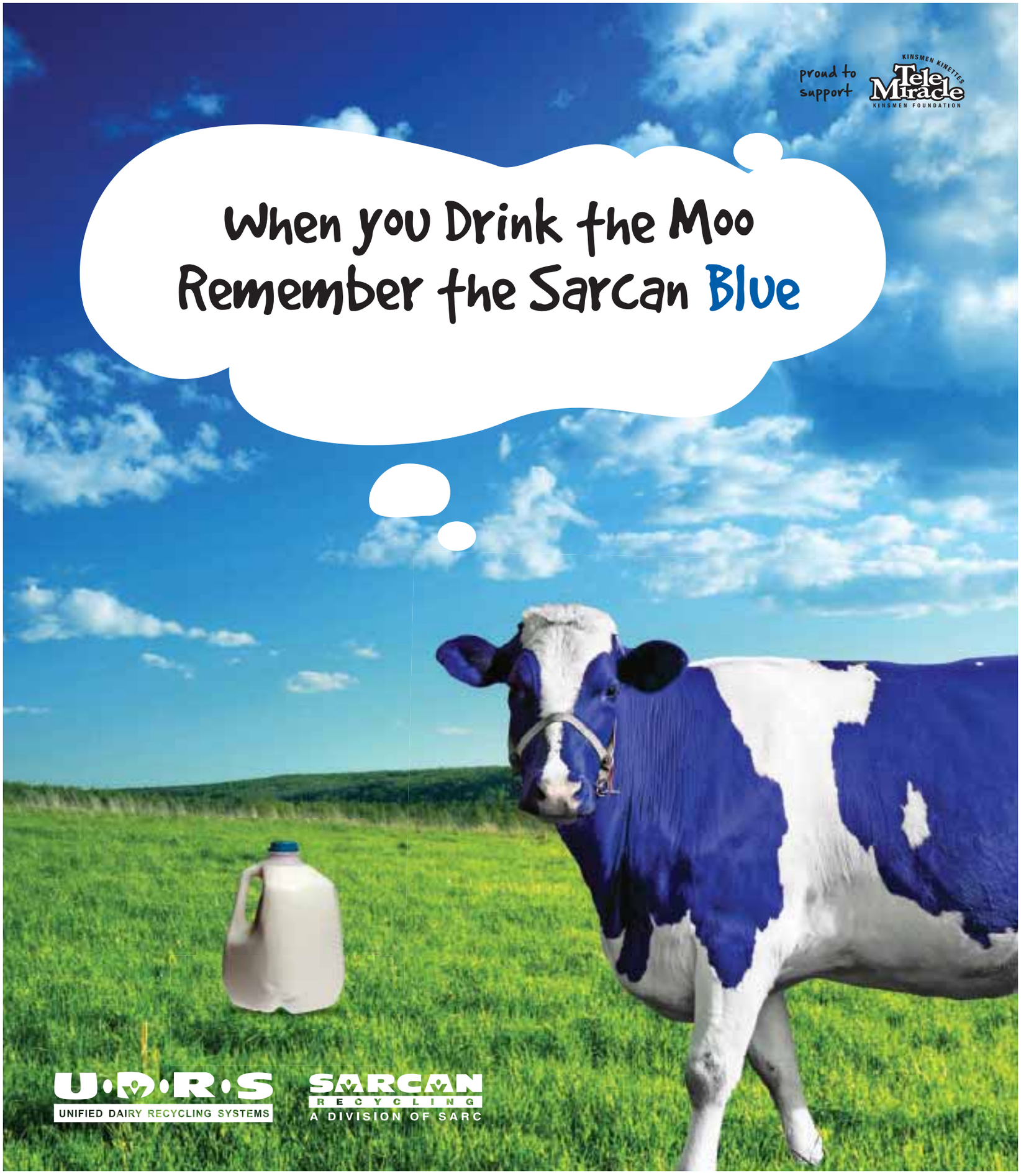
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